

INTRODUCTION

The mission of the Athletics department (AD) at the University of Balamand (UOB) is to provide student-athletes with the best training and coaches supervision to develop their performance, compete at the highest levels in intercollegiate athletics with integrity and enhance their personal growth.

The Athletics guide delivers all necessary information regarding the activities offered by the department and promotes the importance of sports activities that enrich student life experience and develop the performance of the student-athlete. In addition, this guide provides students with information about their rights and responsibilities to ensure and maintain the finest level of education, athletics and self-development.

The AD is located in Hariri Gymnasium, ground floor, room 112, phone 06 930250 ext. 1711 or 1712, email: athletics@balamand.edu.lb.

Working hours for administration are Monday – Friday from 8:00 a.m. to 4:30 p.m. (Fall/Spring schedule) and

Monday – Friday from 8:00 a.m. to 2:00 p.m. (Summer schedule).

Opening hours of the gymnasium, courts and body building room are Monday – Saturday 8:00 a.m. to 10:00 p.m. and Sunday 8:00 a.m. to 9:00 p.m. (Fall/Spring/Summer).

Opening hours between two semesters are the same as the administration working hours.

SERVICES PROVIDED BY THE ATHLETICS DEPARTMENT

> Training sessions

The AD schedules training sessions for the following activities and varsity teams; each supervised by a qualified coach:

Volleyball	Men and Women
Soccer	Men: Junior and Senior
Futsal	Men: Junior and Senior Women
Basketball	Men: Junior and Senior Women
Track and Field	Men and Women
Tennis	Men and Women
Table Tennis	Men and Women
Swimming	Men and Women
Badminton	Men and Women
Squash	Men and Women
Handball	Men
Martial Arts	Men and Women
Rugby	Men
Parkour	Men and Women
Aerobics	Mix
Bootcamp	Mix
Yoga	Mix
Body-building	Mix

The sessions will be scheduled to match the availability of most of the team members. Student-athletes are not supposed to skip classes to attend training sessions.

> Facilities

The Varsity Teams utilize a number of on-campus and other public and private venues for practice and competition. The Hariri Gymnasium, the Philip Saliba Stadium and the tennis courts and outdoor basketball court of the new athletic complex serve as the headquarters for the athletics

programs at Al-Kurah campus. For other campuses (Achrafieh, Dekwaneh, Souk El Gharb and Akkar), please refer to the Off-Campus Coordinator for courts and activities.

> **Tournaments**

The Varsity Teams participate in tournaments organized by UOB (home games and Inter-faculties) and other universities in Lebanon as well as tournaments organized by the Lebanese Federation for University Sports. They also participate in international sports tournaments. (See Travel)
The AD also organizes and hosts a sports tournament for schools where teams play against each other at the UOB facilities. This tournament serves as a scouting platform for new potential student-athletes by the UOB Athletics director.

> **Physiotherapy**

UOB provides student-athletes with the best physiotherapists on-campus (clinic located in the Hariri Gymnasium), and off-campus during the away games and we recommend students to follow their guidelines on conditioning and injury prevention and care.

PROCESS FOR JOINING A VARSITY TEAM



1

Submit an application

Student-athletes are required to submit an application form to the respective coach at the beginning of each academic year or apply online at: www.balamand.edu.lb/osa/athletics.



2

Try-outs

Varsity Team members will be selected by the respective coach during the try-outs scheduled at the beginning of each semester based on performance, achievements and previous records.



3

Eligibility

To be eligible to participate in training sessions and inter-collegiate competitions, Student Athletes must be full time registered students at the University and should meet the requirements listed in each of the following areas:

- **Medical:** Student-athlete should be in a healthy shape and not suffering from any severe illness. The Dean of Student Affairs, in close coordination with the Dean of Admissions and Registration and the attending physician at the infirmary, has the right to check the medical report completed by a licensed physician and presented by the student to approve or disapprove his/her eligibility to participate in Varsity Teams.
- **Academic:** Student-athletes must maintain a good academic standing, which means a cumulative average above 70 for undergraduate students and above 80 for graduate students. Moreover, student-athletes should put academic commitments as a priority and are expected to adhere to the attendance policy of the University.

STUDENT-ATHLETES RESPONSIBILITIES

> Code of Conduct

- Student-athletes are required to represent the university with exemplary behavior.
- Student-athletes are expected to attend all informational and eligibility meetings arranged by the Director of Athletics.
- Facilities should be left clean and neat after each team's training. Each team should be punctual and abide by the schedule to make room for the following team's session.
- Student-athletes should use the equipments with care and return them to their rightful place. Sports equipments are the property of the university and should be kept on the university premises and in good condition.

> Dress code and uniforms

Student-athletes are expected to wear their team apparel provided by the University with the logos during any team function, home and away games or any local or international public appearance in which they are representing their respective teams.

> Academic priority

Student-athletes should not skip classes to attend training sessions. However, a student can be excused from his/her class to participate in competitions. It is the responsibility of the student-athlete to notify the class professor in advance and obtain a signed excuse form from the director of athletics and present it to his/her professor subsequent to the competition date.

> Withdrawal

Student-Athletes have the right to withdraw from a Varsity Team at any time during the year. However, it is their responsibility to advise the Coach at least one week ahead of time. If the student desires to participate in another sports discipline, he/she should submit a new application form to the Director of Athletics or apply online.

CONSENSUS

The University of Balamand reserves the right to use any photos or videos of the varsity teams for promotional purposes.

STUDENT WELFARE POLICIES

> Injuries

- To prevent injuries, student-athletes may refer to the physiotherapist before competitions or training sessions for a check-up.
- The physiotherapist will treat any injury directly related to intercollegiate sport participation that occurred during team travel, supervised practice or scheduled games
- Injured student-athletes may be prescribed a treatment/rehabilitation program, or referred for further medical care.
- Student-athletes may presume training and competition when released by the physiotherapist after full recovery.

> Insurance

It is compulsory that all Student-Athletes have National Social Security Fund (NSSF) (for Lebanese students) and medical insurance coverage for International students. The University accident insurance policy only provides coverage for athletic injuries up to the limit imposed by the insurance company. It is important and recommended that student-athletes join an insurance plan to supplement the basic policy.

> Drugs/Tobacco/Alcohol

The athletics program at UOB has a responsibility to promote a healthy lifestyle and the well-being of student-athletes. Alcohol, tobacco and illegal drugs consumption could be detrimental to general health, academic and athletic performance; Student-Athletes are encouraged to exercise self-discipline and self-awareness in regard of substance consumption.

- UOB is an alcohol free campus. Students should not consume alcohol when they are representing the University in any activity.
- Smoking at the University is prohibited in any closed area under the 174 Lebanese Law. Athletes are refrained from tobacco use during any team function.
- Possession or use of any illegal drug by student-athletes is strictly banned and may result in expulsion from the University.

For further information regarding the University of Balamand alcohol and drug policy, please refer to the Student Handbook.

TRAVEL REGULATIONS

The University varsity teams take part in several National tournaments and International competitions. Student-athletes are expected to lead an exemplary behavior while representing their team and the University. Participating athletes should abide by the student-athletes code of conduct, dress code, academic priority and Drugs/Tobacco/Alcohol policy.

The university provides transportation for students and coaches from and back to the University for all national and international competition.

All team members are required to confine with the rules established by the delegation supervisor (i.e. Dean of Student Affairs, Director for Athletics and/or team coaches)

> **Partial sponsorship**

UOB offers partial sponsorship for student-athletes participating in international trips with the varsity team. The partial sponsorship covers part of the expenditures of the travel, accommodation and tournament participation costs.

INCENTIVES FOR STUDENT-ATHLETES

The University offers incentives for varsity team members, specifically those representing the University in national and international athletic tournaments.

> **Financial aid**

Student-athletes are advised to submit a financial aid application to the Office of Financial Aid, with a recommendation from the Director of Athletics describing the student's performance and involvement in the Varsity Teams. Students should refer to the Office of financial aid for deadlines and procedures.

> **Athletics scholarship**

To qualify for athletics scholarship, the student should be part of a National Team or Club (first or second division) and have a proven record of athletic accomplishments to improve the performance of Varsity Teams.

Student-athletes should submit an application to the Director of Athletics or apply online at: www.balamand.edu.lb/athletics.

For more information about the athletics scholarship, please refer to the Director of Athletics (Hariri Gymnasium, ground floor, room 112, phone 06 930250 ext. 1711, email: athletics@balamand.edu.lb).